

**I CLAIM:**

1. A mattress assembly comprising:  
a mattress having top and bottom surfaces, and opposing lateral sides; and  
a plurality of hand supports with hand grips in the sides of the mattress.
2. The mattress assembly of claim 1 further comprising raised bolsters on the top surface of the mattress.
3. The mattress assembly of claim 2 wherein the bolsters are laterally adjacent to a patient's head on the mattress.
4. The mattress assembly of claim 2 wherein the bolsters are laterally adjacent to a patient's legs on the mattress.
5. The mattress assembly of claim 2 wherein the bolsters further comprise lateral surfaces forming portions of the sides of the mattress, and wherein the hand grips are recessed into the lateral surfaces of the bolsters.
6. The mattress assembly of claim 2 wherein:  
a first pair of bolsters laterally adjacent to a patient's head on the mattress; and  
a second pair of bolsters laterally adjacent to a patient's legs on the mattress, with gaps between the first and second pairs of bolsters along the midsections of the mattress to facilitate ingress and egress by a patient.

7. The mattress assembly of claim 1 wherein the hand grips are recessed into the sides of the mattress.

8. The mattress assembly of claim 1 further comprising:  
a bed frame supporting the mattress; and  
a strap extending between the hand supports across the bottom of the mattress beneath the bed frame.

9. The mattress assembly of claim 1 wherein the hand supports further comprise:  
a horizontal base extending along the bottom of the mattress;  
vertical members extending upward from the horizontal base at  
5 the sides of the mattress; and  
hand grips in the vertical members.

10. A mattress assembly comprising:  
a mattress having top and bottom surfaces, and opposing sides; and  
hand supports having:

- 5 (a) a horizontal base extending across the bottom of the mattress;  
(b) vertical members extending upward from the horizontal base at the sides of the mattress; and  
(c) hand grips in the vertical members.

11. The mattress assembly of claim 10 further comprising raised bolsters on the top surface of the mattress.

12. The mattress assembly of claim 10 further comprising:  
a bed frame supporting the mattress; and  
a strap extending between the vertical members across the  
bottom of the mattress beneath the bed frame and horizontal member.

13. The mattress assembly of claim 10 wherein the hand grips are  
recessed into the sides of the mattress.

14. The mattress assembly of claim 10 further comprising slots in  
the vertical members for securing the ends of the strap.

15. A mattress assembly comprising:  
a mattress having top and bottom surfaces, and opposing  
lateral sides;  
a plurality of hand supports with hand grips in the sides of the  
mattress;

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a first pair of bolsters laterally adjacent to a patient's head on  
the top surface of the mattress; and

a second pair of bolsters laterally adjacent to a patient's legs on  
the top surface of the mattress, with gaps between the first and  
second pairs of bolsters along the midsections of the mattress to  
facilitate ingress and egress by a patient.

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16. The mattress assembly of claim 15 wherein the hand supports  
further comprise:

a horizontal base extending along the bottom of the mattress;  
vertical members extending upward from the horizontal base at

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the sides of the mattress; and

hand grips in the vertical members.

17. The mattress assembly of claim 15 wherein the bolsters further comprise lateral surfaces forming portions of the sides of the mattress, and wherein the hand grips are recessed into the lateral surfaces of the bolsters.

18. The mattress assembly of claim 15 further comprising:  
a bed frame supporting the mattress; and  
a strap extending between the hand supports across the bottom of the mattress beneath the bed frame.

19. The mattress assembly of claim 15 wherein the hand grips are recessed into the sides of the mattress.